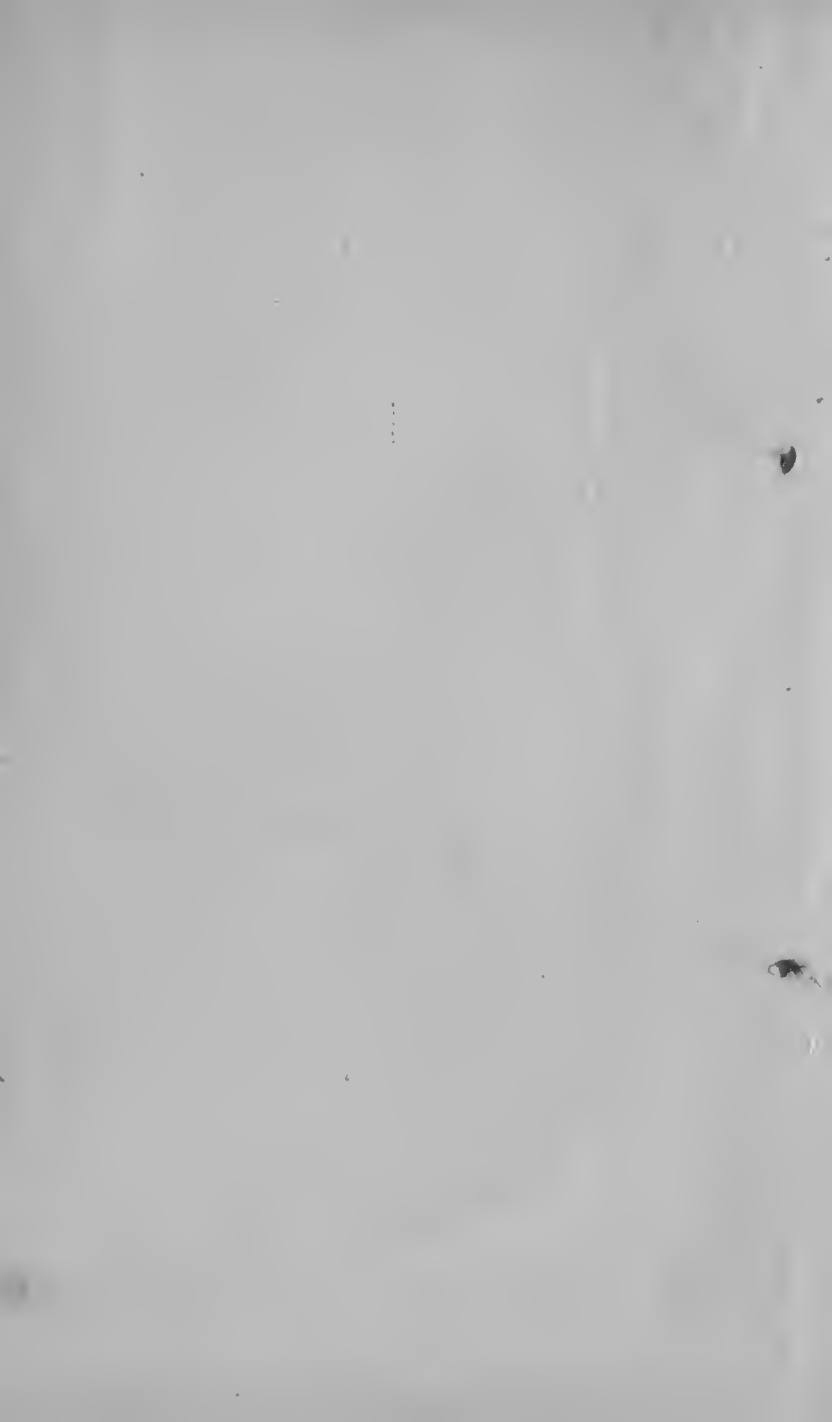


CHURCH THEOLOGICAL



Not on Abe or B.F.  
or

Amicus

~~looks to be rare~~







# Choice Thoughts



Regina, 1916





# Preface

This little souvenir booklet of choice thoughts has been compiled under the direction of the Nikators' Class of the First Baptist Church of Regina.

Our aim has been to produce a book, not only interesting to its readers, but which will furnish ample material for our New Year's resolves.

## WORKERS OF THE CLASS.

Ruth Sornsen	Flossie Loucks
Irene Secord	Jessie Winton
Evelyn Saunderson	Emmie Mooney
Agnes Landvik	Pearl Donnan
Grace Newman	Elva Kirkpatrick
Ruth Johnson	Alma Calvert
Esther Johnson	May Swinton
Nora Baker	Emma Gruenke
Irene Death	Emily Hemsall
Winnie Pegler	Maud Sleightholm
Hattie Cooledge	Verna Ross
Lily Spratt	Beatrice G. Frith
Ethel Archer	Alice Cairns
Alma Brown	Violet Patterson
Jean McCannel	Ruby Benson
Clara Kinter	Margaret Carson
Minnie Stevenson	Grace Read
Grace Rutledge	Marguerite Liley
Gladys McLellan	Clella Wood
Irene Castle	Mable Trott

**A Merry Christmas and a New Year  
filled with Life's Best Things**

MRS. ORMAND CHANT, *Teacher.*  
RUTH SORNSSEN, *President.*

REGINA, SASK., *November, 1916.*



# Choice Thoughts

If I can stop one heart from breaking,  
    I shall not live in vain,  
If I can ease one life the aching,  
    Or cool one pain,  
Or help one fainting robin  
    Unto his nest again,  
I shall not live in vain.

MRS. McWILLIAMS

Must Jesus bear the cross alone,  
    And all the world go free?  
No, there's a cross for everyone,  
    And there's a cross for me.

MRS. MARIA BLISH

Be ye also ready, for thou knoweth not what hour  
the Son of Man cometh.

MRS. WM. CAINAHAN

As flowers never put on their best clothes for Sunday,  
but wear their spotless raiment and exhale their odor  
every day, so let your righteous life, free from stain, ever  
give forth the fragrance of the love of God.

MRS. O. CHANT

If any little word of ours  
    Can make one life the brighter,  
If any little song of ours  
    Can make one heart the lighter,  
God help us to speak that little word,  
    And take our bit of singing  
And drop it in some lonely vale,  
    And set the echoes ringing.

What's brave, what's noble, let's do it.

JAMES

To live thy best let thy worst thoughts die.

MRS. O. POWELL

If little labour, little are our gains,  
Man's fortunes are according to his pains.

FRED HANLEY

'Mid pleasures and palaces,  
Though we may roam,  
Be it ever so humble,  
There's no place like home.

EVELYN CLIFFORD

I live for those who love me,  
For those who know me true,  
For the heaven that smiles above me,  
And awaits my spirit, too;  
For the cause that needs assistance,  
For the wrong that needs resistance,  
For the future in the distance,  
For the good that I can do.

EVELYN SAUNDERSON

A kindly act is a kernel sown,  
That will grow to a goodly tree,  
Shedding its fruit when time has flown,  
Down the gulf of eternity.

FLORENCE KENDRICK

Don't crowd along in the path of life,  
Nor tread on each other's toes,  
For this world of ours in its great unrest,  
Is sad enough as it goes.

MR. A. BROWN

When we more fully comprehend as we older grow,  
The value of kindness shown us in earlier years,  
We cannot retrace the march of time and repay,  
But the debt of love we owe can be paid  
To those who need our help here and now,  
And it will balance the account in eternity.

EUGENE A. BLAKESLEY

Be strong!  
We are not here to play,—to dream, to drift.  
We have hard work to do and loads to lift.  
Shun not the struggle,—face it;  
'Tis God's gift.

EFFIE M. BLAKESLEY

Just a gentle smile will cheer us,  
When life's hill is very steep,  
Just a kindly word will help us,  
When a frown would make us weep.

ALMA BROWN

Give to your enemy forgiveness,  
Give to your opponent tolerance,  
Give to your friend your heart,  
Give to your child a good example,  
Give to your parents deference,  
Give to everybody sunshine.

WILLIAM ARCHER

To finish the moment, to find the journey's end in  
every step of the road, to live the greatest number of  
good hours, is wisdom.

MR. J. BRAMHAM

I pray the prayer of Plato old:  
God make thee beautiful within;  
And let thine eyes the joy behold  
Of everything but sin.

MISS TANNER

Be good sweet maid, and let who will be clever. ♣  
Do noble things, not dream them all day long,  
Make life, death, and that vast forever,  
One grand, sweet song.

VIOLET PATTERSON

Worry less, work more,  
Ride less, walk more,  
Frown less, laugh more,  
Drink less, breathe more,  
Eat less, chew more,  
Preach less, practise more.

MRS. ALLEN

If you have a kindness shown,  
Pass it on.

MRS. LIVINGSTONE

How trifles often change us,—  
The thoughtless sentence or the fancied slight  
Destroy long years of friendship  
and estrange us,  
And on our souls there falls the freezing blight—  
“Not Understood.”  
Not understood, we move along asunder,  
Our paths grow wider as the seasons creep  
along the years,  
We marvel and we wonder why life is life,  
And then we fall asleep, “Not Understood.”

CATHERINE WINTON

Be honest my friend,  
Be honest, I say,  
The same in the dark  
As in the light,  
Your deeds need not then  
Be kept out of sight.

JAMES SMITH

I know not where His islands lift  
Their fronded palms in air,  
I only know I cannot drift  
Beyond His love and care.

MISS FRITH

When the day is dark and gloomy—  
    Don't be glum;  
If the rain comes down in torrents—  
    Let her come.  
Keep a stout heart and be happy—  
    Smile again;  
There's a robin singing somewhere—  
    In the rain.

GERTRUDE SKELTON

In this life be very careful  
Not to give another pain,  
Or if others hurt or tease you  
Never do the like to them.  
God loves the one who is gentle  
And tries to do no harm.

WILFRED WEST

Despair, is hope just dropped asleep,  
For better chance of dreaming.

MRS. M. MITCHELL

Joy may crown the harvest  
When the soul to its full strength has grown.

MRS. J. E. MILNE

Daylight burned is daylight lost;  
Quickly comes the winter's frost,  
Let us be with life engrossed,  
E'er the span of life be crossed.

MR. A. W. MITCHELL

A satisfied customer is the best advertisement.

E. R. POWELL

If all this world were sunshine  
Our faces would be fain  
To feel once more upon them  
The cooling splash of rain.

If life was always music,  
Our hearts would often long  
For one sweet strain of silence  
To break the endless song.

If life was always merry,  
Our souls would seek relief,  
And rest from weary laughter  
In quiet arms of grief.

MR. F. RIDGEWAY

There is no wealth but life, life, including all its powers of love, of joy, and of admiration. That country is the richest which nourishes the greatest number of noble and happy human beings; that man is richest who, having perfected the functions of his own life to the utmost, has also the widest helpful influence, both personal, and by means of his possessions, over the lives of others.

From *Unto This Last*—by John Ruskin.

MR. S. W. YATES

### HAPPINESS.

Happiness is a byproduct of the industry of unselfish service.

It is never produced by direct effort.

To seek diligently for it is the surest way to miss it.

It is prone to find us when we are too busy to notice it.

HELEN MUSSELMAN



To be natural in the presence of unnatural circumstances is a success-winning essential.

MR. H. CARTWRIGHT

Compete with your possibilities instead of your neighbor;  
Your neighbor may be setting too slow a pace.

ISABEL WELSH

Gather ye the rosebuds while ye may,  
Old time is still flying;  
And those same flowers which bloom today,  
Tomorrow may be dying.

MRS. HERBERT EASTBURY

The inner half of every cloud  
Is bright and shining,  
I therefore turn my clouds about,  
And always wear them inside out,  
To show the lining.

MABEL EASTBURY

He that is slow to anger is better than the mighty,  
and he that ruleth his spirit than he that taketh a city.

CECIL G. EASTBURY

This is the best day the world has ever seen.  
Tomorrow will be better.

MRS. PALMER

What we call luck  
Is simply pluck,  
And doing things over and over,  
Courage and will,  
Perseverance and skill,  
Are the four leaves of luck's clover.

HERBERT EASTBURY

Happiness grows at our own firesides, and is not to  
be picked up at stranger's galleries.

MRS. P. TROUT

Be charitable in your opinion of others, for ye may  
not be perfect yourself.

MR. ARCHER

Kind hearts are better than coronets.

MRS. ARCHER

Think kindly. Act kindly. Speak kindly.

MRS. EDWARDS

Pleasant words are as an honey comb,—  
Sweet to the soul and health to the bones.

MRS. GILMOUR

Thou wilt show me the way of life.

ETHEL ARCHER

Every day is a fresh beginning,  
Every morn is a world made new,  
Ye who are weary of sorrow or sinning,  
This is a beautiful thought for you,  
A thought for me and a thought for you.

MRS. S. M. SHADICK

Never to tire, never to grow cold,  
To be patient, sympathetic, to  
Look to the budding flower and the opening heart,  
Like God to love always,—this is Duty.

VERNA ROS

The letter killeth but the spirit giveth life.

P. R. GENDERS

Pleasures are like poppies spread,  
You seize the flower, its bloom is shed,  
Or like the snowflake on the river,  
A moment seen, then lost forever.

ANNIE HEAGLE

Careless seems the great avenger,  
History's pages but record  
One death grapple in the darkness  
'Twixt old systems and the Word.  
Truth forever on the scaffold,  
Wrong forever on the throne,  
Yet that scaffold sways the future,  
And behind the dim unknown,  
Standeth "God" within the shadow,  
Keeping watch above His own.

—*James Russell Lowell*

IRENE S. DEATH

What some call luck is simply pluck,  
And doing things over and over,  
Courage and Will, Perseverance and Skill,  
Are the four leaves of luck's clover.

MRS. T. H. COOPER

Patient, generous, benign,  
Self-denying, saintly, true—  
Mother, may no act of mine  
Ever bring a pang to you.

MARGARET SHADICK

There's enough of shadow along life's way,  
Enough of sorrow and want and woe,  
So the thing to do is be brave and true  
And scatter sunshine where'er you go.

HATTIE COOLEDGE

Learning by study must be won,  
'Twas ne'er entailed from sire to son.

EMMY MOONEY

Be faithful and active and earnest,  
In idleness never sit down,  
The better the dark cross you carry,  
The brighter will sparkle your crown.

MRS. T. COOLEGE

Frank Crossley, of Manchester, who surrendered his splendid mansion and went to live in rooms adjoining a Mission hall, in one of the dreariest parts of the great city in order that he might consecrate his life to doing Christ's work among the poor, was also a magistrate of Manchester.

One day, when he sat on the bench, a poor Salvation Army girl was brought into the dock and charged with obstructing the thoroughfare by holding a meeting.

The moment she appeared, Frank Crossley left his seat on the bench and walked into the dock and took his stand by her till the trial was over.

It was a noble act of a noble man. Frank Crossley did what he did because he was what he was.

Whatever you are, be natural.

GEO. A. SAUNDERSON

Were the world as good as you,  
Not an atom better,  
Were it just as pure and true,  
Just as pure and true as you,  
Just as strong in faith and works,  
Just as free from crafty quirks,  
All extortion, all deceit,  
Schemes its neighbors to defeat,  
Would this world be better?

E. C. S.

Quoth the raven, Nevermore.

GEORGE THOMPSON

May each to whom this greeting comes,  
Enjoy Peace, Prosperity and True Happiness, from

MRS. LOCKWOOD

The Lord is my Shepherd,  
I shall not want.

MRS. McTAVISH

I will say of my Lord,  
He is my refuge and fortress,  
My God, in Him will I trust.

E. L. K.

Sing and the hills will answer,  
Sigh,—It is lost in the air,  
The echoes bound to joyful sound  
But shrink from voicing care.

MRS. GRAHAM

Remember, girls, and bear in mind  
That a very nice man is hard to find,  
And when you find one good and gay,  
Hang on to his coat tails night and day.

A. M. HILT

Do all you are paid to do and then some; it is the  
“then some” that gets you the rise in salary.

STANLEY DEATH

The thing that goes the farthest,  
Toward making life worth while,  
That costs the least and does the most,  
Is just a pleasant smile.

KATHLEEN S. DEATH

Learn this great lesson that the sun each day proclaims. As the sun on a cold day shines on us and imparts its warmth, believe that the living God will work in you with His love and His almighty power. God will reveal Himself as life and light and joy and strength to the soul that waits upon Him.

M. E. DEATH

The world is wide  
In time and tide,  
And God is guide;  
Then do not hurry.  
That man is blest  
Who does his best  
And leaves the rest;  
Then do not worry.

MRS. N. A. McCANNEL

Those who bring sunshine into the lives of others cannot keep it from themselves.

MRS. FRED BARBER

Our best friends are not those that make life easy for us; our best friends are those who put courage, energy and resolution into our hearts.

FRANK HEMPSTALL

Character is the result of the cultivation of the highest and noblest of qualities in human nature and putting these qualities to practical use.

DOUGLAS FORBES

He who steals my purse steals trash, but he who steals my good name steals all.

HARRY LYNE

## CONTENTMENT

Contentment lies not in the enjoyment of ease—a life of luxury,—but comes only to him that labors and overcomes—to him that performs the task in hand, and reaps the satisfaction of work well done.

GEORGE FRED DAWSON

If I can stop one heart from breaking,  
I shall not live in vain.  
If I can ease one life from aching  
Or cool one pain,  
Or help one fainting robin into its nest again,  
I shall not live in vain.

NELLIE SLEIGHTHOLM

One gentle word that I may speak,  
Or one kind loving deed;  
May, though a trifle poor and weak,  
Prove like a tiny seed;  
And who can tell what good may spring  
From such a tiny seed.

ELSIE SLEIGHTHOLM

If we thought of each day by itself, as a little lifetime comprehended between sun and sun, we should be less likely to fall into those postponements which make life a failure.

MARY WADE

Conscience is like a watch. It may look right and you may go by it on the assumption that it is right and find that you have missed your train because it was wrong after all.

MARGARET CARSON

There is many a gem in the path of life,  
Which we pass in our idle pleasure,  
That is richer far than a jewelled crown,  
Or the miser's hoarded treasure;  
It may be the love of a little child  
Or a mother's prayer to heaven  
Or only a beggar's grateful thanks  
For a cup of water given.

MRS. W. C. SMALLEY

In the centre of the eirele  
Of the will of God I stand,  
There can come no second causes,  
All must come from His dear Hand,  
All is well! for 'tis my Father  
Who my life has planned.

JESSIE E. WINTON.

There's a time for work and a time for play,  
And a time for everything good each day,  
But never a time in this short life,  
For quarrels and angry words and strife.

MAUDE SLEIGHTHOLM

The most brilliant life, as men rate it, is tame and lustreless till it begins to serve, and then instantly glory begins to radiate from it. There is more true glory in one act of self-denial, in one deed of thoughtful kindness, in one moment of patient serving of another, than in a whole Sinai of Clouds and Lightnings.

MRS. T. A. SMEED

I expect to pass through this world but once. Any good thing, therefore, that I can do to my fellow man or any kindness that I can show, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again.

MRS. J. L. ANDERSON.



Do unto others as thou wilt have others do unto you.

SARAH McDOUGALL

A ship should not rely on one small anchor, nor life  
upon one hope.

MRS. H. R. SORENSEN

Stronger than steel is the sword of the spirit,  
Swifter than arrows the light of the truth is,  
Greater than anger is love that subdueth.

RUTH SORENSEN

Oh, fear not in a world like this,  
And thou shalt know ere long,—  
Know how sublime a thing it is  
To suffer and be strong.

EDITH KEMP

The darkest night that ever fell upon the earth never  
put out the stars. It only made the stars more keenly,  
kindly glancing, as if in protest against the darkness.

R. M. SORENSEN

Do not be troubled that you have not great virtues.  
God made a million spears of grass, where he made one  
tree.

N. A. McCANNEL

To err is human,  
To forgive, Divine.

UNA GUNDRED FOSTER

The world is so full of a number of things, I'm sure  
we should be happy as kings.

MAY SWINTON

Don't worry about what people say of you. Think what might happen if they were mind readers.

RUBY McCANNEL

The hard part is not to work for success, but to wait for it to ripen.

MATTIE BOYLES

Do all the good you can in all the ways you can, and to all the people you can just as long as you can.

ELIZABETH McCANNEL

Never put off till tomorrow what you can do today.

GEORGE MASON

The world is looking for the man who can do something, not for the man who can explain why he didn't do it.

ROY McCANNEL

Learning, like money, may be of so base a coin as to be utterly void of use; or if sterling, may require good management to make it serve the purposes of sense and happiness.

MRS. McALPINE

Let us try to magnify our blessings, rather than our troubles. Instead of murmuring because God put thorns upon roses, better thank Him for putting roses upon thorns.

MRS. LUCY KNOWLTON

Our anger and impatience often prove more mischievous than the things about which we are angry or impatient.

MRS. ANTILL

Little self-denials, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favorite temptations,—these are the silent threads of gold which, when woven together, gleam out so brightly in the pattern of life that God approves.

MRS. J. K. YALLAND

## MEMORY GEMS

A true friend unbosoms freely, advises justly, assists readily, adventures boldly, takes all patiently, defends courageously and continues a friend unchangeably.

BERTHA FALCONER

If you your lips would keep from slips,  
Five things observe with care,  
Of whom you speak, to whom you speak,  
And how, and when, and where.

LILY SPRATT

Our best friends are not those who make life easy for us; our best friends are those who put courage, energy and resolution into our hearts.

FRANK HEMPSALL

One of the greatest of follies is to neglect present happiness by continuing to dwell on past misfortunes.

BESSIE GRAY

It is no great matter to live lovingly with humble and meek persons, but he that can do so with the peevish and perverse, he has true charity.

RETA GIBSON

One makes one's own happiness only by taking care  
of the happiness of others.

EMILY E. HEMPSALL

Don't be forever finding fault along the road,  
Just grin and pull a little harder on the load,  
Roads rough in spots, perhaps 'twas meant to be,  
To put a little grit in you and me.

MR. C. FARRLEY

A man with a head need not go without a hat.

ORMAND CHANT

Careses are the sweetmeats of love,  
Patience and generosity are its daily bread.

RHENA CHANT

'Tis easy enough to be pleasant  
When life flows along like a song,  
But the man worth while is the man with the smile,  
When everything goes dead wrong.

JEAN C. McCANNEL

Certain it is that the best passport to society a young  
girl can have next to a clean character, is the possession  
of fine manners.

FRANCES J. McLEAN

Don't do anything till you do it, and then when you  
have done it, stop doing it.

ARCHIE McCANNEL

Resolve to perform what you ought;  
Perform without fail what you promise.

MRS. BRUCE HARTMAN

You will find that the people who influence you the most are the people who believe in you.

MABLE MOLLARD

The great thing in the world is not so much where we stand as in what direction we are moving.

DON McCANNEL

A clear conscience is better than untold riches.

MRS. G. A. SAUNDERSON



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Sightseer—"Swell gardens you've got here, my man. Need a little re-planting, though. Tell me, what kind of trees are those you are planting?"

Gardener—"Wooden ones."

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"My pop's a doctor," said the bold young fellow. "I can be sick for nothing."

"That's nothing," said the minister's daughter, "I can be good for nothing."

